

Statistics Report 09079, Cranberries, dried, sweetened
Report Date: June 30, 2017 00:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 12	g	15.79	7	0.213	13.7	18.3	1.0	13.087	18.488	2	Analytical or derived from analytical	--	06/2015
Energy	kcal	308	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Energy	kJ	1288	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Protein 12	g	0.17	7	0.096	0.07	0.4	1.0	-1.052	1.393	2	Analytical or derived from analytical	--	06/2015
Total lipid (fat) 12	g	1.09	2	--	0.81	1.37	1.0	--	--	2	Analytical or derived from analytical	--	06/2015
Ash 12	g	0.15	7	0.048	0.1	0.2	1.0	-0.462	0.766	2	Analytical or derived from analytical	--	06/2015
Carbohydrate, by difference	g	82.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fiber, total dietary 12	g	5.3	7	0.402	4.1	5.7	1.0	0.165	10.372	2	Analytical or derived from analytical	--	06/2015
Sugars, total	g	72.56	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 2	g	15.83	6	1.242	12.7	20.9	5.0	12.639	19.024	1	Analytical or derived from analytical	--	06/2015
Glucose (dextrose) 2	g	29.69	6	0.666	27.5	32.1	5.0	27.975	31.399	1	Analytical or derived from analytical	--	06/2015
Fructose 2	g	26.96	6	0.962	23.8	30.7	5.0	24.483	29.431	1	Analytical or derived from analytical	--	06/2015
Lactose 2	g	0.08	6	0.083	0	0.5	5.0	-0.131	0.298	1	Analytical or derived from analytical	--	06/2015
Maltose 2	g	0.00	6	0.000	0	0	5.0	--	--	1	Analytical or derived from analytical	--	06/2015
Galactose 2	g	0.00	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	06/2015
Minerals													
Calcium, Ca 1 2	mg	9	7	1.125	6	10	1.0	-5.419	23.169	2	Analytical or derived from analytical	--	06/2015
Iron, Fe 1 2	mg	0.39	7	0.141	0.16	0.53	1.0	-1.405	2.183	2	Analytical or derived from analytical	--	06/2015
Magnesium, Mg 1 2	mg	4	4	0.328	4	5	1.0	0.2	8.544	2	Analytical or derived from analytical	--	06/2015
Phosphorus, P 1 2	mg	8	4	0.028	7	9	1.0	7.412	8.132	2	Analytical or derived from analytical	--	04/2003

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Potassium, K 1 2	mg	49	4	8.617	40	60	1.0	-60.668	158.302	2	Analytical or derived from analytical	--	06/2015
Sodium, Na 1 2	mg	5	7	1.855	3	12	1.0	-18.518	28.628	2	Analytical or derived from analytical	--	06/2015
Zinc, Zn 1 2	mg	0.10	4	0.008	0.07	0.14	1.0	0.005	0.2	2	Analytical or derived from analytical	--	06/2015
Copper, Cu 1 2	mg	0.063	4	0.017	0.02	0.08	1.0	-0.153	0.279	2	Analytical or derived from analytical	--	06/2015
Manganese, Mn 2	mg	0.180	2	--	0.18	0.18	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Selenium, Se	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	0.2	5	0.009	0.2	0.3	1.0	0.093	0.328	2	Analytical or derived from analytical	--	04/2003
Thiamin 1 2	mg	0.013	3	0.006	0.01	0.03	1.0	-0.061	0.086	2	Analytical or derived from analytical	--	06/2015
Riboflavin 1 2	mg	0.028	2	--	0.02	0.04	1.0	--	--	2	Analytical or derived from analytical	--	06/2015
Niacin 1 2	mg	0.548	3	0.443	0.08	0.99	1.0	-5.075	6.17	2	Analytical or derived from analytical	--	06/2015
Vitamin B-6	mg	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Folate, food	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Choline, total	mg	8.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/2007
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Carotene, beta 2	µg	27	6	6.021	14	44	5.0	11.898	42.851	1	Analytical or derived from analytical	--	06/2015
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin A, IU	IU	46	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lutein + zeaxanthin	µg	138	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin E (alpha-tocopherol) 2	mg	2.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta 2	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Tocopherol, gamma 2	mg	0.17	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Tocopherol, delta 2	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	7.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Lipids													
Fatty acids, total saturated 1 2	g	0.088	6	0.005	0.06	0.19	1.0	0.023	0.154	2	Analytical or derived from analytical	--	06/2015
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
8:0 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
10:0 2	g	0.014	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
12:0 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
15:0 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:0 2	g	0.034	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
17:0 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:0 2	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:0 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:0 2	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
24:0 2	g	0.014	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total monounsaturated 2	g	0.298	5	0.010	0.27	0.32	4.0	0.27	0.327	1	Analytical or derived from analytical	--	06/2015
14:1 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:1 undifferentiated 2	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
17:1 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 undifferentiated 2	g	0.277	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:1 2	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:1 undifferentiated 2	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
24:1 c 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total polyunsaturated 2	g	0.182	5	0.006	0.16	0.2	4.0	0.165	0.199	1	Analytical or derived from analytical	--	06/2015
18:2 undifferentiated 2	g	0.159	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:2 n-6 c,c 2	g	0.159	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated 2	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3 n-3 c,c,c (ALA) 2	g	0.023	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3 n-6 c,c,c 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:4 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:2 n-6 c,c 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:3 n-6 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:4 n-6 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:5 n-3 (EPA) 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
21:5 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:4 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:5 n-3 (DPA) 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:6 n-3 (DHA) 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total trans 2	g	0.003	6	0.003	0	0.02	5.0	-0.005	0.012	1	Analytical or derived from analytical	--	06/2015
Cholesterol 1 2	mg	0	7	0.000	0	0	6.0	--	--	2	Analytical or derived from analytical	--	06/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin ⁴	mg	0.60	--	--	0.6	0.6	--	--	--	--	--	--	--
Delphinidin ⁴	mg	0.1	--	--	0.1	0.1	--	--	--	--	--	--	--
Pelargonidin ⁴	mg	0.0	--	--	0.02	0.02	--	--	--	--	--	--	--
Flavones													
Apigenin ⁴	mg	0.0	--	--	0.01	0.01	--	--	--	--	--	--	--
Luteolin ⁴	mg	0.0	--	--	0.02	0.02	--	--	--	--	--	--	--
Flavonols													
Kaempferol ⁴	mg	0.0	--	--	0.01	0.01	--	--	--	--	--	--	--
Myricetin ⁴	mg	2.4	--	--	2.4	2.4	--	--	--	--	--	--	--
Quercetin ⁴	mg	4.5	--	--	4.5	4.5	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers ³	mg	7.7	--	0.7	0	0	--	--	--	--	--	--	--

Sources of Data

¹Ocean Spray Cranberries, Inc. **Nutrient Analysis of Sweetened Dried Cranberries**, 2002

²Ocean Spray Cranberries, Inc. **Nutrient composition of Ocean Spray products**, 2015

³Grace, M.H., Massey, A.R., Mbeunkui, F., Yousef, G.G., and Lila, M.A. **Comparison of health-relevant flavonoids in commonly consumed cranberry products**, 2012 J. Food Sci. 77 pp.H176-H183

⁴Franke, A.A., Custer, L.J., Arakaki, C., and Murphy, S.P. **Vitamin C and flavonoid levels of fruits and vegetables consumed in Hawaii**, 2004 J. Food Comp. Anal. 17 pp.1-35